



TOTAL FORCE MANAGEMENT
MILITARY SEALIFT COMMAND
914 CHARLES MORRIS CT SE
WASHINGTON DC 20398-5540

IN REPLY REFER TO:

12890

Ser N1/0863

SEP 21 2012

Human Resources Advisory 2012-6

From: Director, Total Force Management
To: All Civil Service Mariners

Subj: TRICARE HEALTH INSURANCE PROGRAM

1. The Military Sealift Command (MSC) wants to ensure each Civil Service Mariner (CIVMAR) eligible to elect to enroll in a military health care program serving retired military who are now active Federal civil service CIVMARS understand the benefit and who to contact if/when a life event occurs. TRICARE offers several health plan options designed to cover you now that you are retired from military service. This is separate and distinct from the Federal Employee Health Benefit (FEHB) program administered by the Office of Personnel Management (OPM). Information about the FEHB is available at the OPM website: www.gov/insure/health/index.asp.

2. TRICARE serves approximately 9.6 million beneficiaries worldwide. To be eligible for TRICARE, you must be registered in the Defense Enrollment Eligibility Reporting System (DEERS). TRICARE covers most inpatient and outpatient care that is medically necessary and considered proven. However, depending on the program you choose, your coverage and options may vary. A few of the following plans are outlined for your convenience:

a. TRICARE Prime - offers the most affordable and comprehensive coverage available in the United States. With this plan you have an assigned primary care manager either at a military treatment facility or from the TRICARE network. Contact numbers are: North Region Contractor 1-877-TRICARE; South Region Contractor 1-800-444-5445; and West Region Contractor 1-888-TRIWEST. Retirees may not enroll in TRICARE Prime Overseas since this is available for active military only.

b. TRICARE Standard Overseas - provides comprehensive coverage to retirees who cannot enroll in TRICARE Prime Overseas. You will receive care from a host nation provider and may seek care at a military treatment facility on a space available basis only. You may have to pay the provider in full

Subj: TRICARE HEALTH INSURANCE PROGRAM

and file a claim with TRICARE for reimbursement. Contact number Overseas: International SOS Eurasia-Africa +44-20-8762-8384; Latin America & Canada 1-215-942-8393; Pacific (Singapore) +65-6339-2676; Pacific (Sydney) +61-2-9273-2710.

c. TRICARE Standard and Extra - is a fee-for-service plan available in the U.S. only and enrollment is not required as long as your information in DEERS is current. Contact numbers: North Region contractor 1-877-TRICARE; South Region Contractor 1-800-444-5445; and West Region Contractor 1-888-TRIWEST.

d. TRICARE For Life - is a Medicare-wraparound coverage available to all Medicare-eligible TRICARE beneficiaries, regardless of age or place of residence, provided they are entitled to premium free Medicare Part A and have purchased Medicare Part B. Contact numbers for U.S. and U.S. Territories 1-866-773-0404; in all other overseas location contact the TRICARE Area Office.

3. To review complete information regarding plans available visit <http://www.tricare.mil>, the official website of the TRICARE Management Activity. Information regarding dental and pharmacy options for which employees may be qualified is also available on the website.


E. S. ROBERSON

Distribution: (MSFSCINST 5216.1B)
List I and II